

FINAL Menu

"REGULAR" WEEK AT A GLANCE

WEEK 1 WEEK OF: November 25, December 23, January 20, February 17, March 16, April 13, May 11, June 8

NOTE: Prune Juice, Milk and Assorted Juices are available at every Meal. Pureed Whole Wheat Bread available at Lunch and Dinner. Crackers served at lunch. Textured Diets are offered (Mashed potatoes, Gravy, Minced and Puree) Daily

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Hot Oatmeal Breakfast Sausage Raisin Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Cream of Wheat Boiled Egg WW Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Oat Bran Cheddar Cheese Raisin Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Red River Cheddar Cheese WW Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Hot Oatmeal Mushroom Omelet Raisin Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Cream of Wheat Scrambled Eggs WW Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Oat Bran French Toast with Syrup Sausage <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit
LIGHT MEAL	Cream of Mushroom Soup Hot Pork Sandwich Herbed Cauliflower Diced Peaches <u>Alternate Choices</u> Assorted Sandwiches	Turkey & Rice Soup Sliced Turkey & Cranberry Sauce Sandwich Caesar Salad Apple Sauce <u>Alternate Choices</u> Assorted Sandwiches	Corn Chowder Beef Pot Pie Sliced Carrots Crushed Pineapple <u>Alternate Choices</u> Assorted Sandwiches	Beef Barley Soup Egg Salad Sandwich Spinach and Mushroom Salad Seasonal Berries with Whip <u>Alternate Choices</u> Assorted Sandwiches	Cream of Celery Soup Greek Chicken w/ Sour Cream Rice Broccoli & Cauliflower Mandarin Oranges <u>Alternate Choices</u> Assorted Sandwiches	Navy Bean Soup Cottage Cheese & Fruit Plate (Cottage Cheese, Peach Slices, Pears, Raspberry Yogurt Loaf) Strawberry Ice Cream <u>Alternate Choices</u> Assorted Sandwiches	Cream of Chicken Soup Fish Cakes with Tartar Sauce Sweet Potato Fries Coleslaw Tropical Fruit <u>Alternate Choices</u> Assorted Sandwiches
MAIN MEAL	Beef & Broccoli Stir Fry Rice Mixed Beans & Carrots Iced Orange Cake <u>Alternate Choices</u> Baked Tilapia	Glazed Ham Scalloped Potatoes Fancy Mixed Vegetables Assorted Dessert Trio <u>Alternate Choices</u> Vegetable Lasagna	Cajun Chicken Quinoa Seasoned Spinach Pecan Streusel Cake <u>Alternate Choices</u> Pork Cutlet with Gravy	Salisbury Steak & Gravy Mashed Potatoes Green Beans Fruit Cocktail <u>Alternate Choices</u> Cheese Tortellini with Italian Tomato Sauce	Salmon Fillet Mashed Potato Corn Vanilla Pudding <u>Alternate Choices</u> Beef Stew with Tea Biscuit	Breaded Veal with Herb Sauce Diced Carrots & Parsnips Mashed Sweet Potato Nanaimo Bar <u>Alternate Choices</u> Chicken & Gnocchi Potato Pasta	Roasted Turkey with Cranberry Sauce & Gravy Stuffing Mashed Potatoes Peas Pumpkin Pie <u>Alternate Choices</u> Deviled Pork Chop

FINAL Menu

"REGULAR" WEEK AT A GLANCE

WEEK 2 WEEK OF: November 4, December 2, December 30, January 27, February 24, March 23, April 20, May 18, June 15

NOTE: Prune Juice, Milk and Assorted Juices are available at every Meal. Pureed Whole Wheat Bread available at Lunch and Dinner. Crackers served at lunch. Textured Diets are offered (Mashed potatoes, Gravy, Minced and Puree) Daily.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Cream of Wheat Boiled Egg WW Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Hot Oatmeal Cheddar Cheese Raisin Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Oat Bran Scrambled Egg WW Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Red River Cheddar Cheese WW English Muffin/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Cream of Wheat Boiled Egg WW Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Hot Oatmeal Scrambled Egg Raisin Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Oat Bran Pancake with Syrup Poached Egg WW Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit
LIGHT MEAL	Minestrone Soup Honey Garlic Pork Ribette Seasoned Rice Oriental Vegetables Cantaloupe <u>Alternate Choices</u> Assorted Sandwiches	Cream of Carrot Soup Fish Sticks Potato Wedges Coleslaw Crushed Pineapple <u>Alternate Choices</u> Assorted Sandwiches	Vegetable Soup Cheese Ravioli with Alfredo Sauce Spinach Salad Diced Pears <u>Alternate Choices</u> Assorted Sandwiches	Split Pea Soup Roast Pepper & Basil Frittata Green Peas Peaches <u>Alternate Choices</u> Assorted Sandwiches	Borscht Soup Hot Chicken Sandwich Cauliflower Apricot Halves <u>Alternate Choices</u> Assorted Sandwiches	Chicken Noodle Soup <i>Resident's Choice</i> Reuben Sandwich Sweet Potato Fries Tropical Fruit Salad <u>Alternate Choices</u> Assorted Sandwiches	Cream of Broccoli Soup Turkey Mini Sub Tossed Salad Mandarin Oranges <u>Alternate Choices</u> Assorted Sandwiches
MAIN MEAL	Beef Bourguignon Egg Noodles Green Beans Lemon Crème Cake <u>Alternate Choices</u> Sweet & Sour Vegetarian Meatballs	Turkey Cacciatore Rice Pilaf PEI Mixed Vegetables Vanilla Caramel Cake <u>Alternate Choices</u> Ginger Beef	Perogies with Garlic Sausage, Onions, Sour Cream Parisienne Roasted Potato Cooked Sauerkraut Blueberry Upside Down Cake <u>Alternate Choices</u> Rosemary Chicken	Cabbage Roll Lyonnais Potato Diced Carrot Tapioca Pudding <u>Alternate Choices</u> Italian Sole	Sauté Shrimp Fettucine Fancy Mixed Vegetables Carrot Cake <u>Alternate Choices</u> Montreal Spiced Pork Loin Mashed Potato	Crunchy Chicken O'Brien Potato Broccoli Dessert Trio <u>Alternate Choices</u> Beef Stew Tea Biscuit	Baked Ham with Pineapple Sauce Scalloped Potato Baby Carrots Cherry Pie <u>Alternate Choices</u> Pollock Baked w/ Creamy Dill Sauce

FINAL Menu

"REGULAR" WEEK AT A GLANCE

WEEK 3 WEEK OF: November 11, December 9, January 6, February 3, March 2, March 30, April 27, May 25, June 22

NOTE: Prune Juice, Milk and Assorted Juices are available at every Meal. Pureed Whole Wheat Bread available at Lunch and Dinner. Crackers served at lunch. Textured Diets are offered (Mashed potatoes, Gravy, Minced and Puree) Daily

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Hot Oatmeal Boiled Egg Raisin Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Cream of Wheat Scrambled Egg WW Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Oat Bran Poached Egg Raisin Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Red River Boiled Egg WW Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Hot Oatmeal Scrambled Egg WW Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Cream of Wheat Cheddar Cheese Raisin Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Oat Bran Loaded Omelet WW Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit
LIGHT MEAL	Cream of Mushroom Soup Chicken Pot Pie Green Beans Pineapple <u>Alternate Choices</u> Assorted Sandwiches	Vegetable Florentine Soup Spaghetti & Meat Sauce Tossed Salad Applesauce <u>Alternate Choices</u> Assorted Sandwiches	Cream of Tomato Soup Grilled Cheese PEI Blend Vegetables Peach Slices <u>Alternate Choices</u> Assorted Sandwiches	Beef Barley Soup Tuna Melt Cucumber Salad Apricots <u>Alternate Choices</u> Assorted Sandwiches	Cream of Asparagus Soup Beef Marconi & Cheese Red Beet Citrus Salad Fruit Cocktail <u>Alternate Choices</u> Assorted Sandwiches	Chicken and Rice Belgium Waffles with Bacon Mango <u>Alternate Choices</u> Assorted Sandwiches	<u>Resident's Choice</u> French Onion Soup Vegetarian Chili Dinner Roll Caesar Salad Diced Pears <u>Alternate Choices</u> Assorted Sandwiches
MAIN MEAL	Pork Chop Supreme Mashed Potato Mexican Corn Berry Tart <u>Alternate Choices</u> Vegetarian Shepherds Pie	Oven Fried Chicken Baked Potato Baked Squash Lemon Bar <u>Alternate Choices</u> Honey Mustard Ribs	Beef Chop Suey Rice Broccoli Pumpkin Drizzled Cheese Cake <u>Alternate Choices</u> Cod a la Casa	Vegetarian Lasagna Caesar Salad Garlic Bread Italian Vegetable Blend Butter Scotch Ice Cream <u>Alternate Choices</u> Paprika Chicken	Salmon with Lemon Dill Sauce Lyonnais Potato Honey Roasted Carrots Triple berry Crumble <u>Alternate Choices</u> Vegetarian Sausage Jambalaya Garlic Bread	Beef Stroganoff Fettucine Winter Blend Vegetables Caramel Bread Pudding <u>Alternate Choices</u> Turkey Fettucine Alfredo Garlic Toast	Pot Roast & Gravy Mashed Potato Diced Carrots Banana Cream Pie <u>Alternate Choices</u> Pork Cutlet

FINAL Menu

"REGULAR" WEEK AT A GLANCE

WEEK 4 WEEK OF: November 18, December 16, January 13, February 10, March 9, April 6, May 4, June 1, June 29

NOTE: Prune Juice, Milk and Assorted Juices are available at every Meal. Pureed Whole Wheat Bread available at Lunch and Dinner. Crackers served at lunch. Textured Diets are offered (Mashed potatoes, Gravy, Minced and Puree) Daily

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B R E A K F A S T	Cream of Wheat Scrambled Egg WW Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Hot Oatmeal Breakfast Sausage Raisin Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Oat Bran Boiled Egg WW Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Red River Scrambled Eggs WW English Muffin/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Cream of Wheat Cheddar Cheese WW Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Hot Oatmeal Scrambled Eggs WW Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Oat Bran Waffle Bacon WW Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit
L I G H T M E A L	Italian Wedding Soup Beans & Wieners WW Dinner Roll Greek Salad Peach Slices <u>Alternate Choices</u> Assorted Sandwiches	Vegetable Soup Popcorn Shrimp with Seafood Sauce Potato Pom Poms Coleslaw Cinnamon Applesauce <u>Alternate Choices</u> Assorted Sandwiches	Harvest Pumpkin Soup Macaroni & Cheese Sliced Tomatoes Apricots <u>Alternate Choices</u> Assorted Sandwiches	Cream of Carrot Soup BBQ Chicken & Spinach Pizza Caesar Salad Diced Pears <u>Alternate Choices</u> Assorted Sandwiches	Chicken & Rice Soup Cheese Burger Waffle Fries Coleslaw Tropical Fruit <u>Alternate Choices</u> Assorted Sandwiches	Cream of Broccoli Pancakes & Syrup with Bacon Baked Apple Slices Ice Cream <u>Alternate Choices</u> Assorted Sandwiches	Minestrone Soup Chicken Cordon Bleu Waldorf Salad Fruit Cocktail <u>Alternate Choices</u> Assorted Sandwiches
M A I N M E A L	Bruschetta Chicken Alfredo Rotini Fancy Vegetable Blend Iced Carrot Cake <u>Alternate Choices</u> Liver & Onions with Gravy Mashed Potato	BBQ Beef Mashed Potato Winter Blend Macaron Bar <u>Alternate Choices</u> Cheese Cannelloni with Tomato Sauce	Sweet & Sour Pork Rice Peas Mandarin Oranges <u>Alternate Choices</u> Chicken Curry	Turkey Cutlet with Gravy & Cranberry Sauce Egg Noodle Carrots Banana Cake <u>Alternate Choices</u> Teriyaki Beef Strips	Mediterranean Pollock Lyonnais Potato Broccoli Brownie Bite <u>Alternate Choices</u> Apricot Pork Chop	Shepherds Pie Carrots & Parsnips Chocolate Cake <u>Alternate Choices</u> Chicken a la King Rice	Roast Pork with Applesauce & Gravy Mashed Potatoes Rutabaga Lemon Meringue Pie <u>Alternate Choices</u> Tuna Bake